

# The Pill

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**Count:** 36                      **Wall:** 2                      **Level:** Beginner / Improver

**Choreographer:** Rose Fleming, Vic. Australia. (9th March 2016)

**Music:** The Pill - Loretta Lynn. Album: Gold (iTunes)

## **Intro: 16 Beat's On Vocals - 4 RESTARTS**

**Start Position: Feet Together - Weight On Left.**

### **[1 - 8] SIDE ROCK, CROSS HOLD, SIDE ROCK, CROSS HOLD.**

- 1 - 2            Step R to R, Replace weight to L,
- 3 - 4            Cross step R over L, Hold,
- 5 - 6            Step L to L, Replace weight to R,
- 7 - 8            Cross step L over R, Hold. ##

### **[9 - 16] STEP LOCK STEP SCUFF, STEP LOCK STEP SCUFF.**

- 1 - 2 - 3 - 4    Step R forward, Lock L behind R, Step R Forward, Scuff L.
- 5 - 6 - 7 - 8    Step L forward, Lock R behind L, Scuff R.

### **[17 - 24] TOE STRUT JAZZ BOX WITH 1/4 R TURN**

- 1 - 2            Touch R toe forward, drop R heel,
- 3 - 4            Touch L toe back, drop L heel,
- 5 - 6            Touch R toe to R side turning 1/4 R, drop R heel,
- 7 - 8            Touch L toe forward, drop L heel.

### **[25 - 32] VINE RIGHT ¼ TURN & TOUCH, VINE LEFT & TOUCH**

- 1 - 2 - 3 - 4    Step R to R side, Cross L behind R, Turn ¼ R, touch L beside R.
- 5 - 6 - 7 - 8    Step L to L side, Cross R behind L, Step L to L side, Touch R beside L. #

### **[33 - 36] HIPS BOMPS R,L,R,L**

- 1 - 2            Step R forward push R hip forward, step L back push L hip back
- 3 - 4            Step R forward push R hip forward, step back L push L hip back

**RESTART 1: # Walls 1,3 & 8 dance to count 32 then RESTART the dance**

**RESTART 2: ## Wall 7 dance to count 8 then RESTART the dance**

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